

RHINOPLASTY/SEPTOPLASTY SURGERY INSTRUCTIONS

You will need to purchase: Antibiotic ointment (Bacitracin or Polysporin), Q-tips and hydrogen peroxide, ice packs or frozen peas, 2 bottles Ocean Nasal Spray (or generic equivalent), and prescriptions.

One week before surgery: All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let the doctor know if you must continue these medications.*

Evening before surgery:

1. NOTHING to eat, drink, or smoke after midnight. Shampoo your hair. Trim your nose hairs if excessive.

Morning of surgery:

1. Wash your face thoroughly. Remove all make-up. Do not apply makeup or facial creams.
2. Remove contact lenses. You will not be able to reinsert them the day of surgery.
3. Leave all jewelry at home.

After surgery:

1. Relax and rest with head elevated at a 45-degree angle for 1 week. It is recommended that you sleep on your back with at least 2-3 pillows or in a reclining chair. Keep your head above your chest to reduce swelling/bruising. We would recommend a low sodium high protein diet to help reduce swelling and to ensure good healing.
2. Apply frozen peas in a plastic baggy or ice packs to the area around the nose intermittently for the first 72 hours. Use a thin washcloth between the plastic and your skin. Apply ½ hour on, ½ hour off while awake.
3. Take your pain medication every 4-6 hours, if needed. Always take narcotic pain medicine with food to decrease nausea. If you do not have pain, do not take the medication. For minimal pain, take Extra-strength Tylenol **ONLY. DO NOT TAKE** any aspirin or aspirin-like products.
4. Take antibiotics as prescribed. Finish all antibiotics
5. Clean any stitches/sutures on the outside of the *nose* with hydrogen peroxide soaked Q-tips twice a day. Pat dry. Also gently clean just inside each nostril with hydrogen peroxide on a Q-tip. Then apply antibiotic ointment (any over the counter antibiotic is acceptable such as Bacitracin, Double or Triple antibiotic ointment) to the stitches below your nose and a thin layer around each nostril rim twice a day after the cleaning.

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6. If you have tapes, steri strips, folded over the incision on the nose-then you can hold on cleaning the incision since you are not able to see the incision to clean. Please leave the steri-strips intact until Dr. Sidle removes in the office at your first post operative appointment.
7. Spray Ocean Spray, 2 sprays each nostril, several times a day following surgery starting 48 hours after your surgery. This will keep your nasal passages moist and decrease the crusting in your nasal passages. Using the Ocean Spray may be difficult with the nasal cast, tapes to the nose, and internal nasal splints so do the best you can—after your first post operative appointment in the office when the splints have been removed—then this spray will be much more effective.
8. You may bathe, shower and shampoo your hair 36 hours after surgery, but do not get the cast on your nose excessively wet or the rib incision excessively wet. However, the cast on your nose will tolerate some wetness when washing face and hair. It will not harm incisions to get them wet. Pat the area dry. **Do not** swipe with the towel or cloth.
8. You will expect some blood-tinged drainage from your nose following nasal surgery, especially for the first 1-2 days. The hospital nurse will apply a drip pad under your nose. This drip pad should be changed whenever it becomes wet. The pad can be discontinued when the drainage decreases and stops, usually after 24 hours. Call your doctor if you are soaking more than 4 blood-tinged dressings per hour.
9. You may have nasal septal splints inside your nose. These keep the septum straight while it heals in its new shape. Splints are removed approximately 5-7 days after surgery. Leave them in place.
10. If you develop active bleeding from the nose, call the doctor immediately.
11. NO HARD NOSE BLOWING FOR 2 WEEKS.

Other instructions:

1. Avoid bending over or bumping your nose.
2. Recommend using a humidifier during the first 2 weeks after surgery to maintain moisture.
3. Avoid strenuous exercise for 2 weeks following surgery. Try to avoid situations that cause your blood pressure to rise as this could cause bleeding.
4. Avoid excess sun exposure of your face for 1 month. Always use a #20 sunscreen that covers both **UVA and UVB** rays.
5. **DO NOT SMOKE** and avoid alcohol consumption for 3 weeks. Alcohol and smoking can prolong swelling and delay healing.
6. The nose should not support eyeglasses for at least 1 month after surgery. Eyeglasses may be taped to the forehead. These steps are taken to avoid any external forces being applied to the nose which may result in a change in its new shape and function. Contact lenses may be worn the day after surgery if you are able to insert them. You may have very significant swelling that may prevent you from inserting them. This is common and normal.
7. You should wear clothing that fastens either in the front or back for 1 week following surgery. Avoid pullover clothing.
8. **DO NOT DRIVE** a car for one week. Also, do not drive while taking any sedative or prescription pain medications.
9. When you return to work depends on the amount of physical activity and public contact your job involves. It also depends on the amount of swelling and discoloration you develop. The average person is ready to return to work 7-10 days after surgery.

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